



National Nutrient Database for Standard Reference  
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Statistics Report 35158, Fish, whitefish, eggs (Alaska Native)

Report Date: July 16, 2017 03:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1 2</sup>	g	76.24	2	--	68.68	83.8	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Energy	kcal	104	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	436	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein <sup>1 2</sup>	g	14.66	2	--	8	21.31	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Total lipid (fat) <sup>1 2</sup>	g	2.88	2	--	0.76	5	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Ash <sup>2</sup>	g	1.33	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	4.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	46	2	--	37	54	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	5.95	2	--	0.9	11	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Magnesium, Mg <a href="#">2</a>	mg	30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	306	2	--	300	312	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">2</a>	mg	190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na <a href="#">2</a>	mg	160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn <a href="#">2</a>	mg	2.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu <a href="#">2</a>	mg	0.220	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Manganese, Mn <a href="#">2</a>	mg	0.220	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Selenium, Se <a href="#">2</a>	µg	92.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	12.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.088	2	--	0.03	0.15	1.0	--	--	2 combinations of source codes 1 & 12	--	04/2006	
Riboflavin <a href="#">2</a>	mg	0.403	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.956	2	--	0.51	1.4	1.0	--	--	2 combinations of source codes 1 & 12	--	04/2006	
Pantothenic acid <a href="#">2</a>	mg	1.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <a href="#">2</a>	mg	0.159	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total <a href="#">2</a>	µg	53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food <a href="#">2</a>	µg	53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total <a href="#">2</a>	mg	247.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine <a href="#">2</a>	mg	8.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 <a href="#">2</a>	µg	56.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	91	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Retinol	µg	91	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU <a href="#">1</a>	IU	305	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) <sup>2</sup>	mg	2.68	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta <sup>2</sup>	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, gamma <sup>2</sup>	mg	0.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta <sup>2</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) <sup>2</sup>	µg	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	0.496	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
8:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
10:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
12:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
14:0 <sup>2</sup>	g	0.045	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:0 <sup>2</sup>	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
16:0 <sup>2</sup>	g	0.361	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0 <sup>2</sup>	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:0 <sup>2</sup>	g	0.063	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
24:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Fatty acids, total monounsaturated	g	1.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
14:1 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:1 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
16:1 undifferentiated <sup>2</sup>	g	0.254	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
17:1 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:1 undifferentiated <sup>2</sup>	g	0.742	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:1 <sup>2</sup>	g	0.045	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:1 undifferentiated <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
24:1 c <sup>2</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	1.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
18:2 undifferentiated <sup>2</sup>	g	0.073	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:3 undifferentiated <sup>2</sup>	g	0.073	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:4 <sup>2</sup>	g	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:2 n-6 c,c <sup>2</sup>	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:3 undifferentiated <sup>2</sup>	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:4 undifferentiated <sup>2</sup>	g	0.124	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:5 n-3 (EPA) <sup>2</sup>	g	0.225	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
21:5 <sup>2</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:4 <sup>2</sup>	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:5 n-3 (DPA) <sup>2</sup>	g	0.133	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:6 n-3 (DHA) <sup>2</sup>	g	0.330	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Cholesterol <sup>2</sup>	mg	439	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

**Amino Acids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan <a href="#">2</a>	g	0.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine <a href="#">2</a>	g	1.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine <a href="#">2</a>	g	1.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine <a href="#">2</a>	g	1.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine <a href="#">2</a>	g	1.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine <a href="#">2</a>	g	0.560	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine <a href="#">2</a>	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine <a href="#">2</a>	g	0.900	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine <a href="#">2</a>	g	0.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine <a href="#">2</a>	g	1.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine <a href="#">2</a>	g	1.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine <a href="#">2</a>	g	0.530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine <a href="#">2</a>	g	1.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid <sup>2</sup>	g	1.580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid <sup>2</sup>	g	2.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine <sup>2</sup>	g	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline <sup>2</sup>	g	1.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine <sup>2</sup>	g	1.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

**Sources of Data**

<sup>1</sup>Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD